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Bangalore Mirror

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Doctors explain 'spike in heart attacks amongst young adults' post covid-19 and why pandemic may be to blame

CHANGE OF HEART

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Just as covid-19 pandemic led to health complications amongst individuals, there has even been a marginal rise in cases of heart attack amongst the youngsters — health professionals say they have seen an increase in heart attack cases amongst the youth who have had no health problems so far.

At the Jayadeva Institute of Cardiovascular Sciences and Research, doctors have seen over a 5% increase in heart attacks post covid-19. "We have seen a marginal increase in heart attacks amongst children and even adults. Even during pre pandemic times, we have had cases of youngsters with heart attacks. According to a study done at Jayadeva Hospital, over

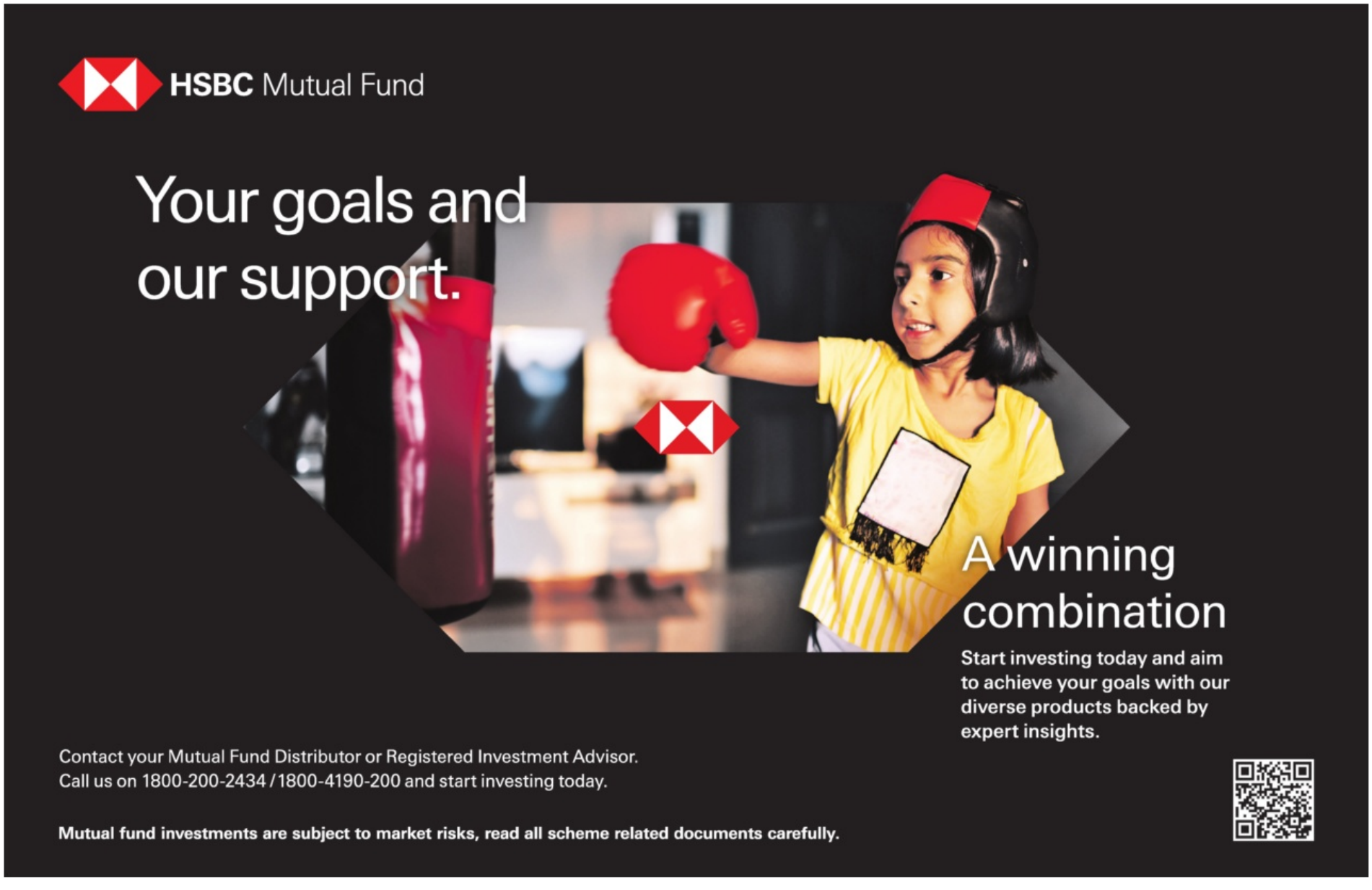
CONTINUED ON PAGE 6 »

> **The reason for heart attacks post covid could be due to the formation of blood clots during infection and after recovery**
>
> — Dr CN Manjunath, director, Jayadeva Hospital

CITY / PAGE 3

Remains of the V-Day

When wrapped in plastic, love is a losing game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3 THINGS TO DO

01 Travel on your mind?

A three-day tourism, travel & hospitality conclave TTF Bengaluru is being held at Tripuravasini of Palace Ground from February 17 to 19. Tourism Minister Anand Singh will inaugurate this conclave. With 120+ travel suppliers from Nepal, the UK, Karnataka, Kerala, Madhya Pradesh, Odisha and many more destinations showcasing the best of travel deals and packages, TTF Bengaluru is expected to boost the summer tourism prospects. **Where: Tripuravasini of Palace Ground; When: February 17 to 23**

02 Art show

Catch a special art show by artist Sundaresan Jagannivasan, popularly known as Jagan. His pieces in the show Cosmic Urban Connect are bold, out-of-the-box expressions of his own thought processes expressed in an abstract and original way. **Where: Karnataka Chitrakala Parishath; When: Till February 19, 11 am – 7 pm**

03 Notes to remember

Experimental Neo Soul group and profound musicians, Beer Puppets, turn interesting soundscapes into compositional ideas for genre-defying music. Founder & Bass Player, Avishek Dey, collaborates with artistes across the globe including Vocalist, Shreya Bhattacharyya, who experiments with multiple sounds. Guitarist/singer, Amandeep Singh Soni, plays various genres of music, while jazz pianist, Rahul Wadhwani, has performed with some of the finest musicians. Pranoy Praveen is known for his organic approach to drums. **Where: Windmills, Whitefield When: February 17, 18, 9:30 pm onwards**

The Times Group Dealers meet 2023 was held at a prominent resort in Coorg.

Looking up!

A huge crowd gathers on the fourth day of Aero India 2023, at Yelahanka Air Force Station, after the show was opened to the public on Thursday. The show is scheduled to be held till February 17, and is touted to be one of Asia's biggest events.

Small victory: Rabies cases on the decline

Calls regarding rabies dropped by 60% between Jan – Dec 2022, says data

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Over the last three years, there has been a significant drop in the number of rabies cases in the city reported through Bruhat Bengaluru Mahanagara Palike's (BBMP) 24*7 rabies helpline desk. According to the data provided by the Animal Husbandry Department, the number of calls regarding suspected rabies cases has gone down by nearly 60 per cent between January and December 2022, when compared to 2020.

On average, the helpline desk received around 30 calls of suspected rabies cases every month in 2020-21. The number of calls went down to 15-20 every month in 2021-22 and dropped further to less than 10 between January and December 2022.

"When we started the helpline in 2020, we used to get around 30 suspected rabies cases calls, but since last year, the number of such calls has gone down dramatically. On average, we get around 10 to 12 calls for suspected rabies cases every month now," said an official from the Animal Husbandry department of BBMP.

Between January and December 2022, although the helpline received a total of 2,289 calls, only 217 calls were suspected rabies cases and 120 out of them turned out to be positive cases. The remaining calls were related to stray dog menace and Animal Birth Control (ABC) & vaccination requests.

Zone-wise number of confirmed rabies cases

BBMP Zones	June 2020 – March 2021	April 2021 – March 2022	April 2022 – Sept 2022
Bengaluru East	53	35	1
Bengaluru West	23	4	3
Bengaluru South	21	12	5
RR Nagar	26	22	3
Dasarahalli	14	6	6
Bommanahalli	36	30	4
Yelahanka	30	40	11
Mahadevapura	43	20	15
Total	246	169	48

According to BBMP officials, the drop in the number of rabies cases is due to the aggressive Anti Rabies Vaccination (ARV) and ABC drives carried out by the Palike over the last two years.

"BBMP is one of the few municipalities across the country with a well-organized ABC /ARV program. To underline the effectiveness of this program, the Hebbal Veterinary College did an independent study a few months ago as well. The study showed that more than 70 per cent of the stray dogs in the city had more than adequate antibodies against the virus circulating in their system. The finding of the study correlates with the data from the rabies helpline desk," said Dr Trilok Chandra, special commissioner, Health Department, BBMP.

BBMP Rabies Helpline started in 2020 August and till Jan 2023 - a total of 4,200 calls were received by the helpline including many other queries apart from Rabies.

The dedicated helpline for rabies was started in 2020 to increase rabies surveillance across all the BBMP's eight zones.

While the helpline was operational only between 9 am and 6 pm until September 2021, it was converted to a 24*7 service looking at the demand.

Experts say the Karnataka government's step to declare rabies a notifiable disease under the Karnataka Epidemic Disease Act would be a potential game-changer and help bring down the number of rabies cases further.

According to animal welfare activists, while the civic body has pulled up its socks with ABC/ARV program, the stray dogs' population in areas bordering BBMP limits is a cause of concern.

"I foresee concerted efforts across the state to further increase ARV focus via planned ring vaccination drives. There would be more transparency too.

"However, the bordering panchayats (outside BBMP limits) have to urgently take up ABC and ARV drives for all of this to be fully effective," said Harini Raghavan of Citizens for Animal Birth Control.

All wrapped in plastic, love is a losing game

Volunteers see rise in unsegregated floral waste, plastic ribbons and wrappers after Valentine's Day

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Valentine's Day or the day of love has come and gone. Unfortunately, it can be a bit of an environmental bother. Flowers being the most important gift given during Valentine's Day, dried out flowers become overwhelmingly a part of mixed waste and even plastic wrappers of bouquets are strewn on the roads. Volunteers are asking the BBMP to inspect all the florists' stores to ensure that plastic is banned.

More than the flowers, it is the plastic covers or non woven polypropylene sheets wrapped around the flowers and unscientific disposing of the flowers without proper segregation that is causing the bigger issue. Bouquets thrown in the bins or on the roads, some tied up with plastic ribbons, are all part of an unsegregated mess.

Odette Katrak, founder of Beautiful Bengaluru, had initiated an awareness campaign in 2019 and 2020 ahead of Valentine's Day to ensure that plastic is not used for the flowers. The group demanded that shiny wrapping paper should be stopped.

Katrak had reached out to the BBMP officials back then and they carried out raids and inspections at many florists' stores. However this year, no awareness was carried out, and as observed by the volunteers, this has led to generation of a lot of mixed waste from flowers and also of plastic that has been banned.

Katrak said, "Plastic has been banned and is non biodegradable and non recyclable. It is said to last for hundreds of years which is extremely bad for the environment. One should try alternative methods like using brown paper, newspaper, crepe paper and gift paper to wrap the flowers.

These are said to be biodegradable, but they too also generate waste. The best way is to use "no wrap" or wrap it with jute or cloth and tie reusable ribbons." She added that residents of apartment complexes observed that people are dumping the dried out flower bouquets in the bins. "What one actually should do is to dispose of the flowers in the wet waste and the rest in dry waste. But many are throwing it together. This will only go to the landfills," she said.

A dried out bouquet wrapped in plastic dumped in a bin and a bunch of floral waste lies on the roadside, mixed up and forgotten

Many volunteers even pointed out that flowers are just not given on Valentine's Day, but even during other occasions as a warm or welcome or even as a token for appreciation, during birthdays. Another day where bouquets are given is during Women's Day and as it is in a few days, the volunteers will carry out awareness programmes and will also reach out to BBMP on this.

Katrak said, "Unless there is a direct order from the BBMP solid waste management cell to the florists, nothing will change. Until then we will continue to see plastic generated in and around the city. From Beautiful Bengaluru, we will continue to run a campaign on social media and also reach out to BBMP again in the coming days to carry out an inspection in the flower markets and florists store."

Strict no-no: Harassing a cyclist just for fun

A cyclist was left traumatised after being heckled by a person in a car near Nandi Upachar in the early morning. Tarun was cycling alone on the road at a speed of 25 km per hour and was on the extreme left side of the road when this incident took place. He said, "A car was speeding up ahead on the right side. It was a straight stretch and as the car got closer to me, the driver turned the car towards me for a head-on collision."

He added that this was despite there being at least 60 feet between him and the car. "My first reflex was to move to the right since it was an empty road. As I steered to the right, they again turned towards me, at this point it felt intentional, and I thought they would hit me. The distance was now less than 40 feet, I was on the extreme right. They couldn't turn more I believe and so drove away."

He added that a few people behind him saw what happened and stopped with him for a few minutes. Tarun was unable to look at the number plate. However, he did notice that all the passengers in the car were young men. He added, "I am still unable to get over the incident. They were so irresponsible to even do that for fun, because it could have landed me in hospital."

Tarun filed a complaint at Devanahalli police station, and an officer from the station said they are looking for the car. Arvind Dwarakanath, bicycle councillor, Ward 45, said, "Cyclists are forever endangered. The latest episode only makes us stronger. I have told Tarun we are behind him as a community and will come to the police station and to the courts to see that those responsible are punished. We, cyclists, are inclusive in the larger commute and no one can harass us." **— Shreyashi Mukherjee**

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Tackling trash at ground zero

Bevinamara Colony residents were dealing with garbage being dumped everywhere, until...

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Inset: Launch of the project at Bevinamara Colony; the initiative is expected to be extended to other villages such as Jai Bhima Nagar

Bevinamara Colony of Kannamangala Panchayat in Mahadevapura Assembly constituency hopes to be free from garbage woes soon. All these years, garbage was being thrown on the roads and a nearby lake due to the absence of a proper waste collection/disposal method. Now ForceGW and Mahadevapura Task Force, in association with Stonesoup Trust, have launched a pilot project – Namma Swachha Kannamangala – at the colony to reduce the waste at source by 80 per cent.

"What if all the successful waste management initiatives are implemented in one ward together? Will it reduce the waste getting out of the ward by 80 per cent? This is the challenge taken up by us along with citizen groups. Elected representatives are supportive of this project," said Aaditi Stonesoup Solutions Chief Executive Officer, Dr Bhawana Bhargava.

According to Bhargava, the project includes education in schools by the 'better the soil' program, door to door awareness in waste segregation, collection, composting, dry waste recycling, sustainable menstruation sessions, set up of upcycling centres, and cutlery banks.

"Funding from CMS has helped us launch the project in Bevinamara Colony. There has been noticeable improvement in waste quality since its launch. We have started composting food and garden waste in the ward. Dry waste is going for recycling and only rejected waste is leaving the panchayat. We are positive that we will bring down the quantum of reject waste. We want to extend the project to all villages of the panchayat in the next phase," she said.

The uniqueness of this project is that it creates awareness among 300 families in the colony.

The volunteers have explained to them the importance of segregation of waste at source. "Earlier, one could see garbage being thrown at vacant places, including roads. Now all residents are handing over segregated garbage to the people appointed for collecting the same from their doorstep," said Lakshmi, a resident of the colony.

> **"Now all residents are handing over segregated garbage to the people appointed for collecting the same from their doorstep**
> – Lakshmi, resident of the area

Kannamangala Panchayat member Nagaraj L appreciated the initiative too.

"Many residents, mostly tenants, used to dump garbage at vacant sites. Now, all the families have been given three bins to keep the waste segregated. There is some improvement in cleanliness in the area," said Nagaraj.

Kannamangala Panchayat member and president of ForceGW, Lingaraj Urs, said the project was a unique initiative under Namma Swachh Kannamangala in a public, private, partnership (PPP) model.

"Segregated waste will be sent to the Kasa Centre. The residents of Bevinamara Colony are highly excited and involved in this project," he said.

The project is expected to be extended to other villages including Kannamangala, Jyotibapule, Jai Bhima Nagar, and Dinnur.

Vittal Mallya Road turns 'parking lot'

One side of the road is a 'no parking' zone, but people still park their cars

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Residents staying in Vittal Mallya Road are upset over private school vehicles parking in their area. They say that it gets difficult for people to walk or see shops which stay hidden behind the vehicles.

They say that they have been facing this problem for a very long time, and despite many complaints, drivers refused to move their vehicles.

Maria Mammen, a resident of the area, said, "Even though police officials have clearly mentioned that all school vehicles have to be allowed in the school premises and cannot park on the road, here we have private school vans parking on both sides of the road. One side is 'no parking' zone and the other is a 'pay and park'. They park for the entire day from seven in the morning to three in the afternoon. Moreover, they do not even pay after paying on the 'pay and park' side."

Residents also said that there are a lot of offices and retail spaces present in the vicinity and no one else can use the road other than these drivers. Another resident said, "Initially, these vehicles would be parked in St Marks Road. However, it became a Tendersure road, and after that, none of the vehicles were allowed to be parked there. This is when they started using Vittal Mallya Road for parking their cars and it has become increasingly inconvenient for us."

Locals also mentioned that every time they ask the drivers about it, they come up with different excuses. Ritesh K, one such resident, said, "We have asked the drivers to park elsewhere several times, but they say that they have to park here because exams are going on in the school. The exams have gotten over long back in reality, but they are still parked on the road."

Smriti Ashok, also a resident, said, "The situation has become very difficult here. One cannot even see the shops because they are hidden behind these vehicles. There are also children running on the pavements and they have to cross the road. With the vehicles parked on either side of the road, it is very dangerous."

Residents said they want strict action to be taken against these drivers so that the problem of parking on the wrong side of the road is done away with once and for all.

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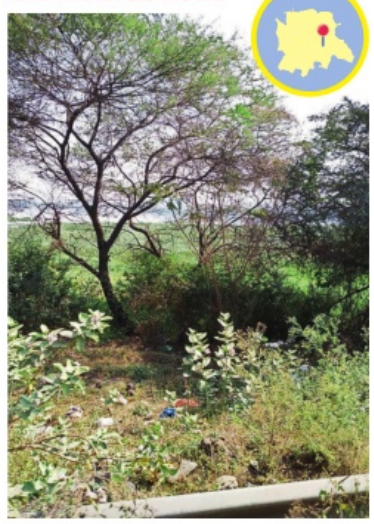
Illegal flexing
KR Puram

These hoardings are blocking the stretch from KR Puram to Hoskote Road.

Space occupied
Govindpura

A vegetable vendor has occupied this space in Govindpura Main Road, 1st Cross.

Dirty lake
Old Madras Road



Avalahalli Lake (near Old Madras Road) has been full of garbage for many years.

38 died in metro site accidents, says State Govt

3 engineers suspended; activists want strict SoPs

Metro construction sites have injured 50 so far: State Govt

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The State Government has said that 50 people have been injured and 38 have lost lives in metro construction mishaps in Bengaluru till date. Activists are now demanding that strict SoPs need to be followed at construction sites.

During the Legislative Council session on Thursday, MLC TA Saravana asked the government as to how many had lost lives due to Metro mishaps. Replying to this question, Chief Minister Basavaraj S Bommai said that so far, 38 people had lost their lives. The CM further stated that Bangalore Metro Rail Corporation Limited (BMRCL) has suspended three engineers and contractors were penalised for a sum of Rs 1,77,00,000. "So far Rs 3,15,74,389 has been provided as compensation for the victims or their family members. Metro strictly follows the Safety, Health and Environment Manual (SHE) manual and all the contractors have to mandatorily adhere to the manual's terms and conditions. The priority of SHE manual is to ensure zero casualties or injuries," he said.

A senior official from the BMRCL said that they were soon coming up with a draft SoP which has been sent to IISc for approval. Following feedback from IISc, we will finalise the SoP and it will be strictly followed," said the official.

The metro trials meanwhile are going on between the Whitefield and KR Puram section. The Commissioner for Railway Safety (CRS) is likely to inspect the stretch on February 22 and if the green signal is given, the metro trains may ply on this stretch soon.

To begin with, trains will ply till KR Puram from Whitefield and commuters may have to take feeder service till Baiyappanahalli to catch the trains on the pink line. The remaining two-kilometre stretch between KR Puram and Baiyappanahalli is likely to be completed by June this year. Though this stretch was to be completed by 2020, it got delayed due to Covid and other reasons. The new line is likely to add another four lakh commuters to the Metro network.

Reach 6 by March 2025

Metro officials have said that the 21.30 km stretch of Reach-6 (Pink line) from Kalena Agrahara to Nagawara is likely to be completed by the end of March 2025. A breakthrough of tunnel boring machine (TBM) Lavi was reported at Rashtriya Military School (Vellara) station recently.

> **More than Rs 3 crore has been provided as compensation so far**
>
> –CM Basavaraj Bommai

"As part of Phase-2 of the project, Reach 6 line consists of 13.90 km of underground section involving 21.245 km of tunnelling (twin). This UG section has been divided into four contract packages and nine TBMs have been deployed for completing this tunnelling work. TBM Lavi, which attained breakthrough on Wednesday was the fourth machine to complete its drive," said an official.

According to him, out of the total 21,245 m of tunnelling to be done, 72 per cent of tunnelling work have been completed. TBM Vindhya which is driving from Pottery Station to Shadhimahal shaft is expected to complete its drive and break through by the end of February. With this, all the four TBM's deployed by L&T complete their work and the tunnelling work of two packages will be completed and Reach 6 is likely to be completed by March 2025," said an official.

Man steals to donate

He would donate & ask God for forgiveness

The Ashok Nagar police have arrested a thief who was doing acts of 'charity' after stealing money.

The arrested person has been identified as John alias Manjunath. Police said that he used to distribute half of the stolen valuables and money as charity.

"The accused used to donate the stolen money to the temple and church and apologised to God for his mistake. Also, he used to give as much money as possible to the beggars," said the police.

The police said that the accused had stolen Rs 2 lakh from the house of a man, where the accused worked, because the owner had not increased his salary. **BMB**

Hope for 17,266 kids

The State Government on Thursday informed the High Court that 17,266 of the total 21,407 children, who were identified as being out of the schooling system, have been brought back into the system.

The 17,266 children are aged between six and 14 years.

The High Court had registered a suo-moto public interest litigation (PIL) in 2017 which was heard by a division bench headed by Chief Justice Prasanna B Varale on Thursday.

Government advocate Prathima Honnapura submitted the affidavit by Dr Vishal R, Commissioner of the Department of Public Instructions.

The affidavit filed on Thursday records that 2,900 children aged between six and 14 who are out of schools are yet to be identified.

Of these, 2,254 children are estimated to be in Bruhat Bengaluru Mahanagara Palike (BBMP) limits. **PTI**

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Traders' Budget wish-list for CM

A section of businessmen have also urged Bommai to scrap professional tax

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Chief Minister Basavaraj Bommai will be presenting the last budget of the current government on Friday. As the state is heading towards elections, it is expected that the budget may offer a lot of SOPs to various sectors without raising taxes by a lot. However, going by the past, there could be two budgets this year as the new government which will be formed post elections may go for another round of full-fledged budgeting.

Traders of Chickpet have urged the government to prioritise infrastructure. In a memorandum to the government, they said that Chickpet is an important hub for them and poor infrastructure has been causing a lot of difficulty for them as well as their customers. Meanwhile, another section of businessmen urged the CM to scrap professional tax claiming that traders were under a lot of stress due to a high GST rate of 18 per cent on services. "This is an additional burden on small businesses. Alternatively, a two-year relief may be provided in professional tax for shops and establishments and small traders with a turnover of up to Rs 10 crore.

The Karnataka Hosiery and Garment Association told the CM, "The GST hike for textile and ready-made garments has been deferred as of now. We request the government to remove the hike so that the industry can continue to steer the growth of the Indian economy and provide ample employment opportunities. We also request to remove the anomaly completely by bringing textile and ready-made garments under a single rate of 5 per cent, which would enhance ease of business."

They said this would boost 'Make in India' and lead to a manyfold increase in employment, which has been a key area of concern for the economy. The GST Annual return filing though GST Audit and certification has been removed. The requirement of annual returns is such that a businessman is unable to file it independently, they said, adding that it results in higher professional payments.

They further urged Bommai to enhance the requirement of e-way bills to Rs 1 lakh from the current Rs 50,000 to help small traders survive a large number of compliances. "This step has already been taken by various state governments for movement within the state," the association said.

"We also demand the abolition of the BBMP trade license. This will help small and medium-sized traders run their businesses," they added.

Meanwhile, KN Narasimha Murthy , president, Karnataka Small Scale Industries Association (KASSIA), said that micro and small scale industries were looking up to the state budget for their very survival in the light of BESCOM's proposal to increase power tariff.

"Continued tariff hikes are eating away the small margin of the MSEs and virtually destroying them," he said, and hoped that the tariff would not be touched as assured by Energy Minister V Sunil Kumar in the Legislative Council session a few days ago. He said it was grossly unfair on the part of the government to squeeze the MSEs to meet the continuing transmission and distribution losses, unpaid interest and principal dues, amounting to over Rs 8,000 crore. "The irony is that the government says we are a surplus energy state and yet the cost of power is raised again and again. We earnestly appeal to CM Bommai not to go ahead with the proposed tariff hike of Rs 1.46 paise per unit across all categories," he added.

Bengaluru witnesses weekend rush for shopping at Chickpet market on Sunday

> **We demand the abolition of the BBMP trade license. This will help small and medium-sized traders run their businesses**
>
> –Karnataka Hosiery and Garment Association

Cracks in communication pause Rapid Road work

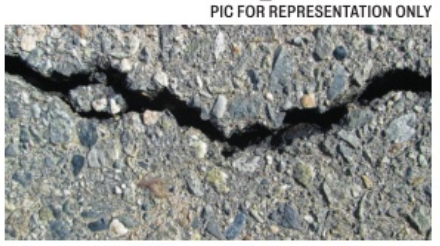
Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMIRROR

Despite the Bruhat Bengaluru Mahanagara Palike's (BBMP's) view that the contractor needs to pay for the evaluation of Rapid Road work, confusion still looms over the same. The IISc (Indian Institute of Science) quoted Rs 23 lakh for the evaluation of the Rapid Road.

A few weeks back, the Palike claimed that the contractor had agreed to pay for the evaluation of the road and that they estimated the payment to come in by last week. But the evaluation of the stretch that endured cracks is yet to start.

On one hand, BBMP is adamant that the contractor will pay, but on the other, the contractor counters the same. When Bangalore Mirror reached out to the contracting company, Ultra Tech Cement, a representative said that they have not yet confirmed anything about the payment.

PIC FOR REPRESENTATION ONLY



BBMP officials said that payment is yet to be received from Ultra Tech. The evaluation of the Rapid Road has been pending as a result. After a road was constructed using the Rapid Road technology, cracks developed within a month. The Palike asked IISc to perform a complete evaluation to ascertain the cause for the cracks. The latter had quoted a sum of Rs 23 lakh for the evaluation roughly two months back. A source from IISc also confirmed that the civic body has not yet made the payment.

The Rapid Road was partially financed by Ultra Tech under the CSR initiative. The faster road-building method using precast slabs is estimated to be 30 per cent more expensive than the cost of traditional white-topping. Seeing that white topping work takes more time despite its proposed longevity and lower maintenance cost, the Palike had been on the lookout for an alternative method of road construction.

Until the evaluation is completed, BBMP has decided to suspend all work. A month after the inauguration of the project, eight out of the 250 slabs have endured cracks.

Heart to heart

CONTINUED FROM PAGE 1

30% of the youth are ending up with heart attacks. The reason for heart attacks post covid could be due to the formation of clots in the blood during infection and even after recovery. In most of the cases, youngsters suffer heart attacks due to use of narcotic drugs, family history of heart attacks or even smoking," said Dr CN Manjunath, director, Jayadeva Hospital.

In one of the cases, a 24-year-old patient was under intense stress at work and personal life. He had chest pain for two days prior to presentation and had a febrile illness three weeks ago which had subsided spontaneously. The patient, however, ended up with a heart attack.

Dr Pradeep Kumar D, senior consultant, interventional cardiology, Aster CMI Hospital, said covid causes hypercoagulability of blood which results in blood clots within the arteries causing heart attacks in minimally diseased or normal coronary arteries.

"There's a spike in heart attacks in young adults with no risk factors (including smoking) in the recent past, including that of a 24-year-old man the other day. I have treated at least 20 people with heart attacks under the age of thirty in the past few years. Following covid, many individuals who had no prior history of heart disease exhibit myocarditis and pericarditis-related symptoms such as chest pain, palpitations, and breathing difficulty. Covid or long covid may leave cardiac vessels permanently inflamed. When there are risk factors for heart disease, such as high blood pressure, diabetes, high cholesterol, smoking or obesity, this can rupture hidden blockage and result in a heart attack, especially after unusual workouts like heavy lifting, treadmill jogging, or running in cold weather. Additionally, covid affects arteries, inflaming them, and has the potential to cause blood clots, which can lead to serious heart issues including a heart attack, or stroke. Therefore, covid may be to blame for some of the apparent causeless heart attacks. Although it is too soon to speculate on the precise causes, a similar process can be proposed for a rise in coronary negative impacts. As seen with severe delta covid pneumonia, which was linked to hypercoagulability of the blood and dysfunction of the lining of blood vessels likely to lead to blockage of small arteries of the lung," he explained.

Dr Keshava R, senior director of interventional cardiology, Fortis Hospital said while the exact cause of youngsters ending up with heart attack post covid-19 pandemic phenomenon remains somewhat elusive. "It is believed to stem from the inflammatory response and resultant blood vessel damage caused by the virus. In order to safeguard against the onset of heart problems, it is crucial for young people to adopt a proactive approach toward health. This involves maintaining a balanced diet, engaging in regular physical activity, refraining from harmful habits such as smoking and excessive alcohol consumption, and effectively managing stress levels. Additionally, monitoring and addressing any pre-existing medical conditions is also of utmost importance. It is equally critical to emphasise the importance of post-covid recovery care. This includes ongoing monitoring of one's health, seeking medical attention for any concerning symptoms or changes, and following up with a healthcare provider for thorough assessment and management of any potential long-term effects of the virus," he noted.

For those who are into fitness, health professionals pointed out the need of getting themselves checked or screened before starting off.

"We advise thorough vetting, especially for the high-risk population — diabetics, hypertensives, smokers, individuals with high cholesterol, people with a strong family history of cardiovascular disease, physically inactive and obese individuals — before they go to the gym, run a marathon, or engage in an abruptly unfamiliar high-intensity activity. A thorough clinical examination, an ECG, and potentially an echocardiography are all parts of the screening process. Additionally, the fitness programme must be under supervision," said Dr Pradeep Kumar.

HEALTH TIP: Children under the age of 11 should have less saturated fat than adults, but a low-fat diet is not suitable for children under five years

A 150ml glass of fruit/vegetable juice also counts as 1 portion, but limit the amount you have to no more than 1 glass a day as these drinks are sugary

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AN ALMOND A DAY..

..may improve diabetes risk factors, study finds

Eating almonds regularly may lead to improvements in both body weight and blood sugar in overweight and obese people, according to a study.

The research, published in the journal Frontiers in Nutrition, found that eating almonds daily for 12 weeks reduced insulin resistance, improved pancreatic function, and helped control blood glucose levels.

The group given almonds also achieved significant reductions in body weight, body mass index (BMI), and waist circumference over the intervention period and lowered their total cholesterol, the researchers said.

"Our almond consumers had improvements to both body weight and blood sugar," said Viswanathan Mohan, president and chief of diabetes research at Madras Diabetes Research Foundation in Chennai, and one of the study authors.

"Obesity is a health problem seen around the world, and we know obesity raises the risk of chronic diseases, like type 2 diabetes. We also know this is a complex problem, tightly interwoven with diabetes, and we think we have identified a rather simple solution," Mohan said in a statement.

Gayathri Rajagopal, PhD scholar at the University of Madras, and first author on the study, noted that almond eaters demonstrated enhanced function of their beta cells, which are the cells in the pancreas that make insulin.

"This is substantial for people with prediabetes and suggests the potential for regular almond consumption to delay onset of diabetes. Besides that, we know almonds increase satiety making them a healthy snack for people predisposed to type 2 diabetes," Rajagopal said.

The researchers also found that people participating in the almond intervention had better levels of total cholesterol and triglycerides -- both of which are very important to manage obesity and diabetes.

Nuts like almonds are a healthy dietary component that could reduce the risk of cardiovascular disease as well, they said.

"Almonds provide six grams of plant protein per ounce (28 grams) serving. Almonds' favourable fatty acid profile and high vitamin E content correspond to the improvements in cholesterol and triglycerides we saw in the study," said RM Anjana, vice president at Madras Diabetes Research Foundation, and one of the study authors.

"Furthermore, the improvements in body weight, pancreatic function, reduction in insulin resistance, and better blood sugar suggest that almonds are a boon to cardiometabolic health," Anjana added.

The study was conducted on 400 participants aged 25–65 years with a body mass index over 23 kilograms per square metre (kg/m2).

Researchers used BMI guidelines from the World Health Organization – Western Pacific Region stating that over 23 kg/m2 corresponds to being overweight and over 25 kg/m2, obese.

> **Researchers found that in the almond treatment group, people had improved their beta cell functioning**

Participants had central obesity, dyslipidemia ie. imbalance of blood lipids, such as cholesterol, family history of diabetes, normal blood pressure as well as hypertension, and they routinely consumed mid-morning snacks.

A subsample of 126 participants was asked to wear a continuous glucose monitor for 14 consecutive days.

Researchers found that participants in the almond treatment group had improvement in their beta cell function, reduced insulin resistance and lowered total cholesterol.

In addition, these participants had significant reductions in body weight, BMI, waist circumference, glucose, and triglycerides over 12 weeks, they said.

The almond intervention participants also consumed 13 per cent fewer carbohydrates, increased calories from fat, and experienced increased intakes of protein, monounsaturated fat, and dietary fibre.

For the subsample wearing the continuous glucose monitors, the almond intervention participants had better glycemic responses compared to the control participants, the researchers said.

—PTI

MIRRORLIGHTS

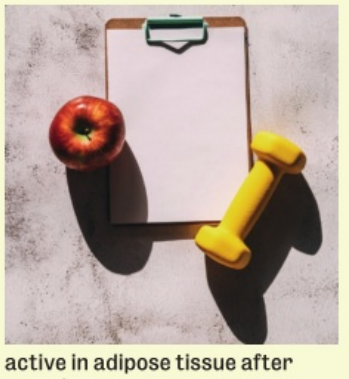
Exercise, time, fat metabolism - what's the link?

At least in mice, physical activity at the appropriate time of day appears to be able to enhance fat metabolism. According to a recent study from the Karolinska Institutet in Sweden and the University of Copenhagen in Denmark, mice who exercised during an early active phase, which is comparable to morning exercise in humans, had higher metabolisms than mice who exercised during a time when they would typically rest.

The findings of the study were published in the journal PNAS.

Physical activity at different times of the day can affect the body in different ways since the biological processes depend on the circadian rhythms of the cells. To ascertain how the time of day at which exercise is done affects the burning of fat, researchers at Karolinska Institutet and the University of Copenhagen studied the adipose tissue of mice after a session of high-intensity exercise performed at two points of the daily cycle, an early active phase and early rest phase (corresponding to a late morning and late evening session, respectively, in humans).

The researchers studied various markers for fat metabolism and analysed which genes were

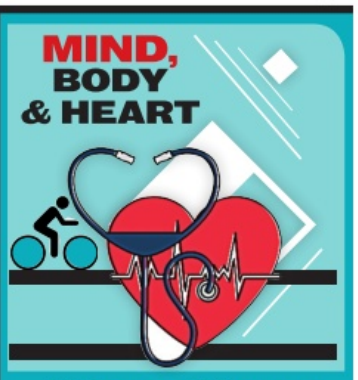


active in adipose tissue after exercise.

Independent of food intake: The researchers found that physical activity at an early active phase increased the expression of genes involved in the breakdown of adipose tissue, thermogenesis (heat production) and mitochondria in the adipose tissue, indicating a higher metabolic rate. These effects were observed only in mice that exercised in the early active phase and were independent of food intake.

"Our results suggest that late morning exercise could be more effective than late evening exercise in terms of boosting the metabolism and the burning of fat, and if this is the case, they could prove of value to people who are overweight," said Professor Juleen R Zierath from the Department of Molecular Medicine.

—ANI



All problems solved

Dear Coleen

I'm in an awkward situation with my in-laws. They've always been very interfering when it comes to how my husband and I raise our five-year-old son, but usually I am able to brush it off and move on.
However, last week we were over at their place for lunch and my son was being very naughty at the dinner table.
I snapped at him to go upstairs, calm down and think about what he'd done, which resulted in a spectacular temper tantrum.
Afterwards, my mother-in-law said she didn't think I'd handled things in the best way and that talking to my son calmly was probably a better approach rather than shouting and banishing him.
My blood was boiling and I blurted out, "He's my son and it's up to me how I decide to discipline him."
She said I was rude and that she'd managed to bring up her son (my husband) very well.
It's been really awkward since. However, I do think I'm right.
My husband is doing his best to stay out of it.

COLEEN SAYS

Well, I don't think your hubby should stay out of it. She's his mum and if they have a tiff over it, it won't split the family up whereas the mother/daughter-in-law relationship can be a difficult one.
However, if you don't want to risk your husband feeling as if he has to pick between the two of you, then why not offer an olive branch to your mother-in-law to keep the peace? I really don't think it's worth a family feud.
You could say something like, "I'm sorry I flew off the handle and I'm embarrassed about it, but I have to bring up my son my way and I'll learn as I go along, as you did."
Kill her with love! It might open up the conversation.

—Coleen Nolan, Daily Mirror

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personal

CHANGE OF NAME

I Mubashira R/o 61, 4th Main, Ganganagar Extension, Near Huda Masjid, Ganganagar, RT Nagar, Bengaluru-560032 have changed my name to Mubashira Sana

I, Jaya Laxmi Thakur W/o Anand Singh Thakur R/o No 311, Ruchira Lilium Apt, near Pragathi School Kadugodi, B'luru 560067 have changed my name to Jaya Anand Thakur for all purposes.

I, Aswath Narayan Anjanappa S/o, Anjanappa R/o No 38, Channappa Layout, sharadambanagar, Jalahalli, Bengaluru 560013 have changed my name to Aswath Narayana for all purposes.

I Madhavi Padhi W/o Pradeep Jalumuru R/o No. F8, Vensa Residency, Manipal County, Singasandra Bengaluru 560068 have changed my name to MADHAVI JALUMURU, affidavit Dt.16/02/2023 notary Ganesh Gowda M V, B'luru

I, Sarbani Kabiraj W/o Soumarshi Nag Biswas R/o C302, Suavity Otium, Yellanahalli Rd, Akhshayanagar, B'lore-560068 have changed my name to Sarbani Kabiraj Nag Biswas for all purposes.

I, USHA ARRI BABU D/o Late. Babu Naidu Aari residing at NO 36, 1st Main Road, BDA Layout, RMV 2nd Stage, Lottegollahalli, Bengaluru 560094 have changed my name to VARSHA AARI BABU vide affidavit dated 16.02.2023 Sworn before notary: K.S.Nataraja, Bengaluru

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GRAFT-Y TALE OF RURAL DISTRESS

DODDAHATTI BOREGOWDA
3.0 RATING ★★★☆☆
- **DIRECTOR** KM Raghu
- **ACTORS** Shivanna Beeruhundi, Geeta Rangavalli, Abhijwal Gowda, Lavanya Natana, Kalarati Mahadev
- **CERTIFICATION** U/A
- **DURATION** 123 minutes

Doddahatti Boregowda showcases the rampant corruption and nepotism among members of village panchayats and officials and also narrates how difficult it is for gullible villagers to avail of the benefits of various government schemes.

The movie begins with Boregowda alias Boranna (Shivanna Beeruhundi) of Kebbekoppalu village meeting a prospective candidate for the village panchayat who tells him about the schedule of the panchayat meeting to discuss the allotment of houses for poor people under the Ashraya scheme. Boranna takes Sidda (Kalarati Mahadev), an incorrigible drunkard, to the panchayat meeting to know about the status of his application.

Meanwhile, the village panchayat officer advises Boranna to open a bank account on his wife Ratnamma's (Geetha Rangavalli) name but the bank employee advises him to get an affidavit. However, the corrupt panchayat officer and village president allot the house to a senior citizen with a similar name. What happens to Boranna and whether or not he will be able to realise his ambition of getting a home, is what the movie is about.

The specialty of this movie is its story. It is a simple story but conveys a lot of issues haunting innocent villagers.

Shivanna Beeruhundi, as a landless farmer who runs pillar to post to get a proper shelter, has acted well. His dialogue delivery and gait are impressive. His face conveys the hapless condition he is in and can haunt audiences for a while after watching this movie.

Geetha Rangavalli, as an obedient and hardworking better half of Boranna, has done a stellar job. Abhijwal Gowda, who plays the son of Boranna, represents a number of adolescents in rural areas who are addicted to mobile phones and do not bother to look after their parents. Kalavati Mahadev, as an incorrigible drunkard, tickles the funny bones and Sampath Maitreya has provided good support.

Impressive performances in this story of corruption in village panchayats highlighting issues on the ground

Director KM Raghu deserves a pat on his back for handling the megaphone with aplomb. He has succeeded in ensuring equal screen space for all the actors. This movie would have been even better, if the screenplay was crisper in the post-intermission part.

All in all, it is worth a watch for all those who love a good story.

—Y Maheswara Reddy

Swara's just married!

Actress reveals she has tied the knot with love of her life, activist Fahad

A few days back, Swara Bhasker had dropped a post with a man and said, "this could be love!" But the actress didn't reveal much and left everyone curious. Now, she has left everyone by surprise as she announced marriage with political activist Fahad Ahmad. She announced marriage and shared her love story through a video.

Swara and Fahad had a court marriage on January 6, 2023, under the Special Marriage Act, 1954 as the certificate in her video states. Swara wrote sharing the news, "Sometimes you search far & wide for something that was right next to you all along. We were looking for love, but we found friendship first. And then we found each other! Welcome to my heart FahadZirarAhmad It's chaotic but it's yours!

Swara and Fahad held an engagement lunch for their close ones and the media as they posed for the paparazzi for the first time as husband and wife. They also released their first pictures as a couple.

Sonam Kapoor attended the lunch in the city and looked gorgeous in a white kurta with a banarasi maroon dupatta with hair open.

Divya Dutta also arrived to wish the couple.

—ETimes

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IN CINEMAS TODAY

VADODARA : PVR TALKIES : 9.00, 10.15 am, 12.10, 3.20, 6.30, 9.40, 10.4 pm | PVR NILAMBER TRIUMPH MALL : 9.30, 10.30 am, 12.40, 1.40, 3.50, 4.50, 7.00, 8.00, 10.10 & 11.10 pm | PVR CINEMALL : 10.30 am, 12.10, 3.20, 6.30 & 9.40 pm | PVR ECA : 9.00, 10.00 am, 12.10, 1.10, 4.20, 6.30, 7.30, 9.40 & 10.40 pm | PVR CINEMAS - Transcude Mall : 9.00, 10.00, 11.10 am, 12.10, 1.10, 3.20, 4.20, 6.45, 7.30, 9.40, 10.40 & 11.10 pm | CINEPOLIS : 9.00, 10.30 am, 12.05, 12.30, 1.35, 3.10, 4.40, 6.15, 7.45, 9.20, 10.50 & 11.35 pm | MUKTA A2 : 9.00, 10.30 am, 1.15, 2.30, 4.00, 5.15, 6.45, 9.30 & 10.45 pm | MOVIE TIME : 9.00 am, 11.45, 1.00, 2.30, 5.15, 8.00, 10.45 & 10.55 pm | INOX : 9.45, 10.45 am, 12.45, 1.45, 4.45, 6.45, 7.45, 9.45 & 10.45 pm | INOX SEVEN SEAS : 9.00, 10.15 am, 1.15, 3.00, 4.15, 7.15, 9.15 & 10.15 pm | INOX TAKSH GALAXY MALL : 9.00 am, 12.00, 3.00 & 9.00 pm ATMOS : 10.30 am,, 1.30, 4.30, 7.30 & 10.30 pm | INOX RELIANCE MEGA MALL : 9.30 am, 12.30, 2.00, 3.30, 6.30, 9.30 & 10.30 PM | CINEMERA | CINEMARC VIHAR : 10.10 am, 1.00, 3.50, 7.00 & 10.00 pm | CINEMARC Akota : 9.05, 10.30 am, 12.00, 2.35, 4.15, 5.30, 7.00, 8.15, 10.00 & 11.00 pm | CINEMARC VIP | CHANDAN : 10.00 am, 1.00, 3.00, 4.00, 7.00, 9.00 & 10.00 pm | RAJHANS : 10.00 am, 4.00 & 10.00 pm | ALPNA | PRATAP : 10.00 am, 1.00, 4.00, 7.00 & 10.00 pm | BANSAL : 10.00, 11.30 am, 12.45, 2.15, 3.30, 5.00, 6.15, 7.45, 9.00 & 10.30 pm | BANSAL TARSALI : 10.00, 11.30 am, 12.45, 2.15, 3.30, 5.00, 6.15, 7.45, 9.00 & 10.30 pm | MIRAJ : 10.45 am, 12.30, 3.30, 4.30, 6.30, 9.30 & 10.30 pm.

SURAT : PVR CINEMAS : 9.00, 10.00 am, 12.10, 1.10, 3.20, 4.20, 7.30, 9.40, 10.40 pm | INOX VR : 10.00, 10.30 11.00 am, 1.45, 5.00, 7.00, 8.00, 10.00, 10.30 & 10.55 pm. ATMOS : 9.00 am, 12.00, 300, 6.00, 9.00 & 11.55 pm | INOX RELIANCE MALL : 9.45 am, 12.45, 2.10, 3.45, 6.45 & 9.45 pm | CINEPOLIS : 9.00, 10.00, 11.00 am, 12.05, 1.05, 3.10, 4.10, 4.45, 6.15, 7.15, 9.20 & 10.20 pm | TIME CINEMA : 10.00, 11.30 am, 1.00, 2.30, 4.00, 4.45, 5.30, 7.00, 7.30, 8.30, 9.15, 10.00 & 11.15 pm | RAJHANS PLEX : 9.30, 10.20 am, 1.00, 2.30, 4.00, 5.10, 7.00, 7.50 & 9.45 pm | RAJHANS SITA NAGAR : 10.00 am, 1.00, 4.00, 7.00, 7.45 & 10.00 pm | RAJHANS KAMREJ | RAJHANS VALENJA : 10.00 am, 12.00, 1.00, 3.00, 4.00, 7.00, 9.00 & 10.00 pm | RAJHANS VESU | CINE VERSE VESU : 9.00, 10.00 am, 12.00, 1.00, 3.00, 4.00, 6.00, 7.00, 9.00, 10.00 & 11.50 pm | CINE VERSE KATARGAM : 9.00, 11.00 am, 12.00, 1.00, 2.00, 3.00 , 5.00, 6.00, 8.00, 9.00, 10.00 & 10.50 pm | CINEZZA : 9.00, 10.00 am, 12.45, 2.30, 3.30, 6.15, 9.00 pm | CITY PLUS | VALENTINE : 9.20, 10.20 am, 1.05, 2.40, 3.55, 7.15, 10.00 & 10.50 pm | INOX RAJ IMPERIAL : 10.20 am, 1.15, 4.10, 7.05 & 10.00 pm. ATMOS : 9.20 am, 12.15, 3.10, 6.05 & 9.00 pm | INOX DR WORLD : 9.10, 10.10, 11.30 am, 12.15, 1.15, 3.30, 4.20, 6.25, 7.25, 9.30 & 10.30 pm | VALAM : 10.00 am, 12.00, 1.00, 3.00, 4.00, 6.00, 7.00, 9.00 & 10.00 pm | RUPAM : 12.30, 3.30, 6.30 & 9.30 PM | RUPALI : 10.00 AM, 4.00 & 10.00 PM | THE FRIDAY CINEMA : 9.00, 9.45 am, 12.00, 12.45, 3.00, 6.00, 9.10, 9.45 & 11.50 pm | AVADH UTOPIA : 11.40 am, 2.00, 4.20, 4.50, 7.20, 9.40 & 10.00 pm | MIRAJ OLYMPIA : 9.30, 10.30 am, 12.30, 1.30, 3.30, 4.30, 6.30, 7.30, 9.30 & 10.30 pm | THE GRAND BHAGWATI : 10.00 am, 2.45, 3.30, 6.15 & 9.00 pm | ROONGTA : 9.00, 9.45, 10.00, 11.30 am, 1.00, 2.15, 3.30, 4.00, 5.00, 6.30, 7.00, 7.15, 9.30, 10.00 & 10.30 pm.

and other cinemas in Gujarat & Saurashtra.

PARAS

WITNESS THE BEGINNING OF A NEW DYNASTY
MARVEL STUDIOS
ANT-MAN AND THE WASP
QUANTUMANIA
IN CINEMAS TODAY
IN ENGLISH, HINDI, TAMIL AND TELUGU
IN 3D AND IMAX 3D

IN IMAX® AT

PVR CINEMAS {Nexus, Koramangala, 8:20, 11:10 a.m., 2:00, 4:50, 7:40, 10:30 p.m. | Vega City, Bannerghatta Road, 7:50, 10:40 a.m., 1:30, 4:20, 7:10, 10:00 p.m. | VR Bengaluru, Whitefield Road, 8:20, 11:10 a.m., 2:00, 4:50, 7:40, 10:30 p.m.} | INOX CINEMAS {Mantri Square Mall, Malleshwaram, 9:00, 11:30 a.m., 2:15, 5:00, 7:45, 10:30 p.m. | Galleria Mall, Yelahanka, 8:30, 11:10, 2:00, 4:50, 7:40, 10:30 p.m.} | CINEPOLIS CINEMAS {Shanthiniketan, 8:45, 11:30, 2:15, 5:00, 7:45, 10:30 p.m.}.

IN 4DX® AT

PVR CINEMAS {Phoenix Marketcity Mall, Whitefield Road, 10:40 a.m., 1:30, 4:20, 7:10, 10:00 p.m. | Nexus, Koramangala, 10:40 a.m., 1:30, 4:20, 7:10, 10:00 p.m. | Vega City, Bannerghatta Road, 8:20, 11:10 a.m., 2:00, 4:50, 7:40, 10:30 p.m. | Orion Mall, 8:20, 11:00 a.m., 2:00, 4:50, 7:40, 10:30 p.m.} | CINEPOLIS CINEMAS {Shanthiniketan, 8:00, 10:45 a.m., 1:30, 4:15, 7:00, 9:45 p.m.}.

PVR CINEMAS | INOX CINEMAS | CINEPOLIS CINEMAS | MIRAJ | GOPALAN | INNOVATIVE | ROCKLINE | KINO CINEMAS | CINEPHILE | VICTORY | SWAGATH SHANKARNAG | LAKSHMI Taverkere | MAHADESHWARA Bansankari | PUSHPANJALI Sultanpalaya | SWAGATH POORNIMA JC Road | TULSI Marthahalli | VINAYAKA Marathalli | VAIBHAV Sanjay Nagar | VENKATESHWARA K. R. Puram | MANASA Konanakunte | BRUNDHA Hongasandra | VENKATESHWARA Konappana Agrahara | AMRUTH Lingrajapuram | MUKTA A2 Uttarahalli | SIDDESHWARA JP Nagar | SIDDALINGESHWARA JP Nagar | ANJAN Magadi Raod | HMT Jalahalli | VIJAYALAKSHMI Garudacharpalya | BHARATH CINEMAS {Shivamoga | Manipal | Kundapura | Padubidri} | CINE GALAXY Surathkal | SUCHITRA Mangalore | THIRUMALA Agara | DRC Mysore | INOX Mysore | INOX CENTRO Mysore | PVR CINEMAS FORUM Mysore | PVR CINEMAS GARUDA Mysore | TUMKURU | BELLARY | HOSPET | HASSAN & OTHERS CINEMAS.

FOR ANY CHANGES OR CANCELLATION IN SHOW TIMINGS, PLEASE CONTACT THE THEATRE.

farnaz

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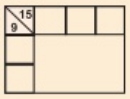
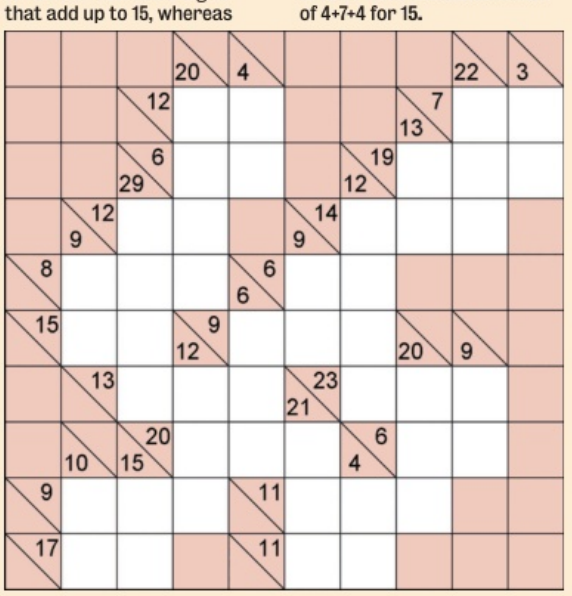
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

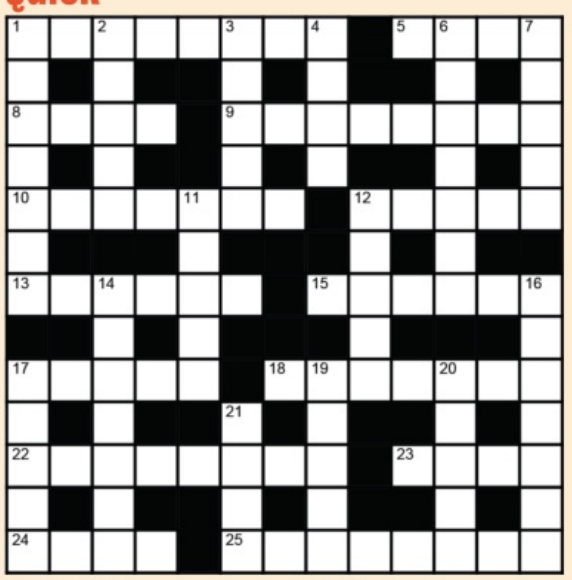


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Nonsense verse (8)
5 Gone sans permission (4)
8 Plant the lawn (4)
9 In a most pressing manner (8)
10 Yet to be broadcasted (7)
12 Defame (5)
13 Vidhyarthi ____ : Dosa place in Gandhi Bazaar (6)
15 Colts and stallions (6)
17 Call at sea to stop (5)
18 Consumes or ingests (5,2)
22 Animal (8)
23 Engine sound (4)
24 24 hour periods (4)
25 Intrinsic to (8)

DOWN

1 Break someone's train of thought (7)
2 Ms Garbo of Hollywood (5)
3 Choice of roads (5)
4 Company emblem (4)
6 Dries up and wilts (7)
7 Stratum (5)
11 Cook in oven (5)
12 Violent surprise (5)
14 Training school (7)
16 West African country with Dakar as its capital (7)
17 Formed a spark (5)
19 Watchful (5)
20 Bollywood's ___ Ludhianwi (5)
21 City in Odisha (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: U EQUALS G

MHKFZ MHKCXQ, WBGH MHKFZ SWJERQ BY XMH QGZ, KCH AHQX CHWBHFHR AZ XMH WHXXBYU JI K WBXXWH VKXHC.

Linemaro

I was wondering if you had an extra heart; mine seems to have been stolen

Mindchow

To succeed in the world it is not enough to be stupid, you must also be well-mannered

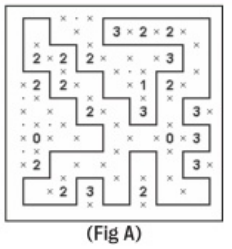
Joke of the day

You haven't experienced awkward unless you've tickled someone who isn't ticklish

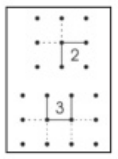
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

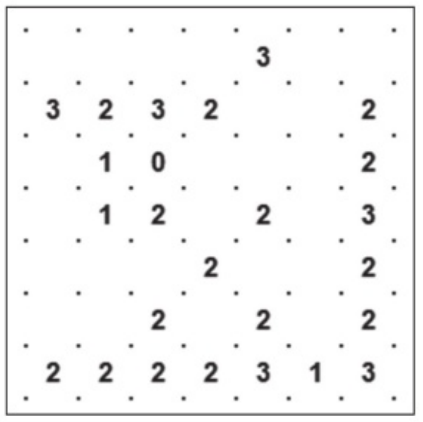


(Fig B) Not Allowed

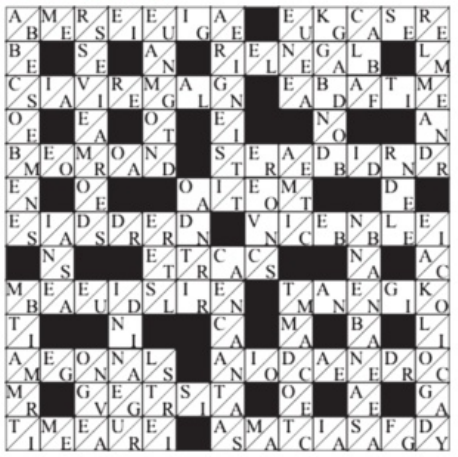
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



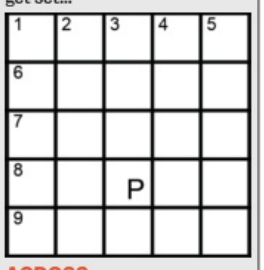
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

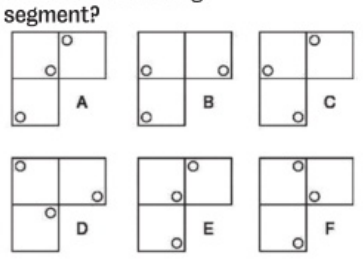
1 Tarts; 6 Wared;
7 Ale to; 8 Or yep;
9 Ms Tut

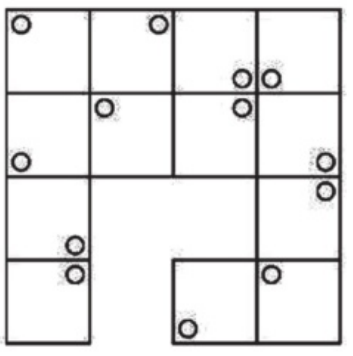
DOWN

1 Warms; 2 A tout;
3 Pod at; 4 T reel;
5 St rye

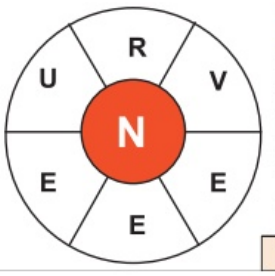
Mensapuzzle

Which is the missing segment?





Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 07 Outstanding

SudokuChallenge

4			7				3	
3						8	7	1
	6							
		4	3	5				6
	5		1		7		4	
8				2	9	7		
							8	
5	4	1						9
	7				4			2

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 17
2 2 5 8

Medium = 3
3 5 7 8

Hard = 40
2 3 7 3

Hocusfocus

Find at least six differences in details between panels.

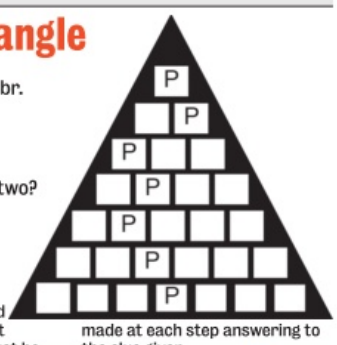
Differences: 1. Chair is different. 2. Frying pan is larger. 3. Phone is larger. 4. Plate is missing. 5. Apron bow is larger. 6. Hair is different.

Riddler

My first is the base of a rose prominently displayed on a shelf My second is a small space from which you cannot exit by yourself My whole is a biological unit and restorer of health What am I?

Alpha triangle

1 Parking sign
2 Extended play, abbr.
3 Seed of a legume
4 Imitated
5 Digging tool
6 Weakened
7 Broke easily into two?



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

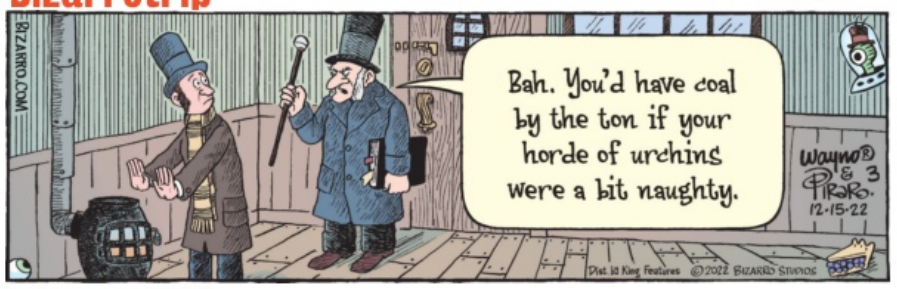
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

WHERE DO SNAKES GO IN THE WINTER?
GEE, I DON'T KNOW
I NEVER SEE ONE
ME NEITHER
MAYBE I SHOULD WEAR A BRIGHT RED SCARF OR SOMETHING

Bizarrotrip



Diamond Lil

Hart of the city

HEY, HEART! WAIT UP!
YOU DID REALLY WELL TODAY!
THANKS!
I KNOW YOU ONLY HAD ONE LINE, BUT YOU WERE FUN TO DIRECT! KEEP ACTING, AND MAYBE I'LL GET TO WORK WITH YOU IN THE FUTURE!
OKAY! I'M FREE TOMORROW!

Crankshaft

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today your spiritual power can make you happy. Your way of thinking may be positive. You are inclined to spiritualism today. You may plan to visit some spiritual place. You may also take an interest in occult sciences. You are likely to observe flawlessness in your nature. It is advised to keep your views to yourself.

Leo Jul 24 – Aug 23
Today you may hear good news in terms of work. Job seekers may be focused on cracking entrance exams with the help of hard work. Singles may get engaged to their soulmate. You may also hear some good news in terms of childbirth.

Sagittarius Nov 23 – Dec 22
Today is a good day for you. You may have good vitality and health. You may enjoy your work. Today it is your challenge to avoid straightforwardness. It is advised to avoid arguments on worthless topics, otherwise there may be some disputes in your family. If you are able to control your tongue, you may expect healthy partnerships in business and harmony in family.

Taurus Apr 21 – May 20
Today you may feel nervous and have a lack of patience. For seeking peace, you may be attracted to the occult, but it is advised to follow your intuition before going ahead. You may also get in-depth knowledge on a subject or you may have a good focus towards research.

Virgo Aug 24 – Sep 23
Today you may plan for a change of place, but it is advised to postpone any decision related to migration for a while. It is also advised to avoid investments in business. By late evening, situations may be under control. With the help of good advice from one of your elders, you may control a messy situation.

Capricorn Dec 23 – Jan 20
Today your vital power may slow down and an old disease may come back, which could make you upset. You are advised to avoid adventure tours or rash driving. You are advised to avoid any type of ligation. You may settle it out of the jury. You may also plan for an overseas tour.

Gemini May 21 – Jun 21
Today your moon is in a good position. You can expect some positive momentum in your professional and domestic life. There are likely to be gains in terms of past investments. You may get reciprocation of your help from your friends and relatives. Your hard work may pay you in terms of success.

Libra Sep 24 – Oct 22
Today you can expect a short business trip. You may also expect to get some rewards for success in your domain. Your respect around you may be increased. You may hear some good news from your siblings. Job seekers seeking management jobs may get success. Singles are likely to get engaged.

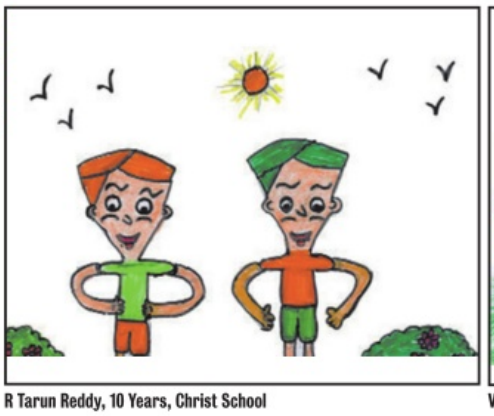
Aquarius Jan 21 – Feb 19
Today you may get profits from your past investments. Your losses may convert to profits. Implementation of new ideas may bring progress in business. Today you may get success easily. You are likely to meet an influential person who may show you the right path to success. Lovebirds may take some decisions in terms of marriage. Couples will hear good news in terms of kids.

Cancer Jun 22 – July 23
Today you may do well. Your kids' health is better now. You can plan to make some investments for their future. You are likely to be more loyal towards your job. Job seekers may find a good job with the help of references. You may be able to find your hidden enemies, and with the help of elders, you may counter them.

Scorpio Oct 23 – Nov 22
Today you are blessed by your elders. New sources of income are likely to be opened, which will boost your bank balance. You may plan to renovate your house. You may get a big order, which can grow your family business multiple times. You need to keep patience while signing any contract. There may be some movement in your business. Delayed projects will start again.

Pisces Feb 20 – Mar 20
Today your family and spouse will support you. It will create harmony in your domestic life. Due to overload at work, you may not give proper time to your family. You may reach a family get-together late. You are expected to see a strong position in your professional front. Projects related to government agencies are likely to initiate now.

KIDZONE



R Tarun Reddy, 10 Years, Christ School

Vinochan S, 4 Years, Bangalore International Academy

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=6÷2+3[15+3(−2)÷3]÷0
=6÷2+3[15+3(−8)]÷0
=6÷2+3[15−24]÷0
=6÷2+3[−9]÷0
=3+3
=6

BULL'S EYE
even, nerve, never, REVENUE, rune, veneer, venue

STRIKE OUT

B	E	S	I	E	G	E	U	K	A	S	E	M		
E		E	A		R	E	N	A	L		M			
S	E	D		C	A	V	E	M	A	N		A	B	A	T	E
	T		T		O		O		N		O		E	
S	E	E	D		U	R	G	E	N	T	L	Y		
	R		O		I		A				I			
D	O	G	G	E	R	E	L		A	W	O	L		

QUICK

D	A	Y	S		I	N	T	E	G	R	A	L		
	C		S				C				E			
B	H	A	V	A	N		H	O	R	S	E	S		
	R		O				H		R					
U	N	A	I	R	E	D		S	M	E	A	R		
	T		T		O				H		E			
S	E	E	D		U	R	G	E	N	T	L	Y		
	R		O		I		A				I			
C	A	V	E	M	A	N		A	B	A	T	E		
	M		E		R		S		A		E			
A	E	O	N	S		N	O	C	A	N	D	O		
	I		I		A		A		A		L			
M	A	U	D	L	I	N		T	A	N	G	O		
	S		E	T	A	S			A		C			
S	A	D	D	E	N		N	I	B	B	L	E		
	E		A	T	O	M			E					
M	O	R	O	N		S	E	A	B	I	R	D		
	O		E		O				O		N			
E	E		A		R	E	N	A	L		M			

FAST FIVE

S	T	A	R	T
W	A	D	E	R
A	T	O	L	E
R	O	P	E	Y
M	U	T	T	S

RIDDLER Stem cell

ALPHA TRIANGLE

			3		5			
		9		6		4		
	5		8		2		1	
7		2		4		8		6
	9		1		6		3	
		8		3		5		
			7		9			

SUDOKU

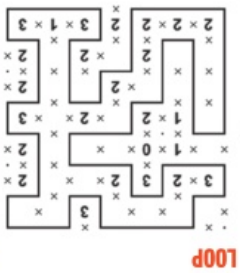
4	8	2	7	9	1	6	3	5
3	9	5	2	4	6	8	7	1
1	6	7	5	8	3	9	2	4
7	2	4	3	5	8	1	9	6
9	5	3	1	6	7	2	4	8
8	1	6	4	2	9	7	5	3
2	3	9	6	1	5	4	8	7
5	4	1	8	7	2	3	6	9
6	7	8	9	3	4	5	1	2

MENSA PUZZLE
C: looking across, the dot is moving from corner to corner clockwise. Looking down, it is moving from corner to corner anticlockwise

QUOTE UNCODE
Heavy hearts, like heavy clouds in the sky, are best relieved by the letting of a little water.

GO FIGURE
Easy
2 + 8 + 5 + 2 = 17
Medium
5 + 8 − 7 − 3 = 3
Hard
3 + 3 x 7 − 2 = 40

LOOP



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